GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:3435
ANSWERED ON:05.08.2016
Mental Healthcare
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Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the Government is aware that mental health problems increasing due to change in lifestyle and if so, the details thereof;

(b) whether the Government proposes to introduce holistics health care system to address the mental health problems and if so, the details thereof and the action taken thereon;

(c) the number of patients admitted in the mental hospitals during the last three years, State/UT-wise; and

(d) whether the Government has taken note of doctors administering tranquillizer and pain killers to patients for depression therapy aggravating their problems and if so, the details thereof along with the action taken and outcome thereon?

Answer

ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SMT. ANUPRIYA PATEL)
(a): There are no long term population based studies in India to suggest that the mental health problems are increasing due to change in lifestyle. However, National Institute of Mental Health and Neuro Sciences, Bangalore has reported that lifestyle factors such as lack of physical exercise, unhealthy eating, inappropriate use of technology and night-shift duties contribute to increasing rates of depression, anxiety disorders, suicides and substance abuse. Moreover, these changes adversely affect the recovery of persons with severe mental illnesses like schizophrenia and bipolar disorders.

(b): The National Mental Health Policy, announced in October, 2014, is based, inter-alia, on the values and principles of equity, justice, integrated and evidence based care, quality, participatory and holistic approach to mental health. The said Policy recognizes that a holistic approach to health including recognition of the relationship between mind, body and soul is more effective in dealing with mental health problems. Cultural ethos, Indian traditions and their impact on behavioural patterns are being recognized and leveraged to achieve the goals and objective of the Mental Health Policy.

(c): The data regarding number of patients admitted in the State mental Health Institutions in the country is not maintained centrally. However, the details regarding number of patients admitted in three Central Mental Health Institutions, namely, National Institute of Mental Health & Neuro Sciences, Bangalore, Central Institute of Psychiatry, Ranchi and Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur, Assam during the last three years is at Annexure .

(d): No instance of use of tranquilizer and pain killers on patients for depression therapy has been reported to this Ministry so far.